

January 14, 2026

Dr. Dana Riksa Buana, Editor-in-Chief  
Jurnal Biopsikososial: Jurnal Ilmiah Psikologi  
Fakultas Psikologi, Universitas Mercu Buana  
Jakarta, Indonesia

Dear Dr. Buana,

I am submitting my research manuscript titled "Parental Resilience Among Parents of Children with Down Syndrome: An Interpretive Phenomenological Study of Relational and Temporal Processes" for publication consideration in Jurnal Biopsikososial.

### *Manuscript Overview*

This manuscript employs Interpretative Phenomenological Analysis (IPA) to explore the lived experiences of parental resilience among Indonesian Muslim parents caring for children with Down syndrome. Through in-depth interviews conducted with seven parents recruited from a local parent support organization, the study identified six superordinate themes that collectively illuminate how resilience develops: acceptance as temporal process, patience as active emotional regulation, identity reframing and agency, family and community support, spiritual meaning-making, and time management. Analysis revealed resilience as a dynamic, consolidated process developing through three phases—crisis and disorientation, adaptation and learning, and integration and growth—grounded in relational and temporal dimensions rather than as a fixed individual trait. The manuscript contains approximately 5492 words.

### *Alignment With Biopsychosocial Framework*

This research directly aligns with Jurnal Biopsikososial's commitment to advancing psychological understanding through integrated biopsychosocial perspectives. The study demonstrates how parental resilience emerges through reciprocal interactions between individual psychological capacities, family relationship dynamics, community engagement structures, cultural meaning-making systems, and spiritual interpretive frameworks. This integrative approach moves beyond individualistic psychological models to articulate resilience as a relational phenomenon grounded in lived experience and embedded within multiple social and spiritual contexts. Particularly, the research contributes to understanding social support dynamics and mental health outcomes in caregiving contexts, examining how family systems and community networks function as protective mechanisms. The biopsychosocial lens proves essential for understanding how Indonesian Muslim parents construct and sustain resilience across the caregiving journey, with implications for developing culturally-responsive psychological interventions.

### *Novel Contributions To Psychological Science*

This phenomenological investigation contributes to psychological theory and practice in four significant ways. First, it reframes resilience from a fixed individual trait to a dynamic, temporal process unfolding across the caregiving journey, challenging static resilience measurement approaches. Second, it identifies family support, community engagement, and spiritual meaning-making as central mediating mechanisms through which resilience develops, highlighting the primacy of relational dimensions often underemphasized in Western psychology. Third, it demonstrates how religious interpretation and Islamic meaning-making directly shape resilience processes in Indonesian contexts, contributing to culturally-responsive psychological understanding. Fourth, findings generate actionable implications for developing culturally-responsive, family-centered interventions that recognize and leverage existing community and spiritual resources rather than imposing deficit-focused frameworks.

### *Ethical Compliance And Publication Status*

This manuscript is original, unpublished work not under review elsewhere. The research received institutional ethical approval and adheres to ethical guidelines for human subjects research. All co-authors have reviewed and consented to submission. No conflicts of interest exist.

I confirm this manuscript meets all submission requirements for Jurnal Biopsikososial and welcomes peer review. Thank you for considering this submission.

Sincerely,

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